Why Do You Smoke

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All praise is due to Allaah alone; may He send salutations and exalt the mention of the seal of all Prophets and Messengers, our Prophet Muhammad, his family and all his companions.

Smoking is a dangerous epidemic and a destructive adversity that catches many people in its trap. Many of them have live hearts and strong Islamic emotions, yet they are afflicted with smoking and do not deny its harm, its effects and its prohibition. They hope to give it up, and strive to get rid of it. Such people have a right upon their brothers to help them and take their hands to the shore of safety.

If you ask any smoker why he smokes, you would receive many different answers. Some people smoke when they need relief from depression; others smoke to ease the stress of estrangement from their families. Some people

smoke with friends to have fun, while others smoke to rid themselves of worry and anger. There are those that smoke to imitate those whom they admire, or perhaps they smoke because they have been doing it from a young age and cannot stop. You will even find those who say, “I smoke because it is useful, and I do not believe it is prohibited.”

These are generally the excuses smokers give, and based on this, allow me, my dear beloved smoking brothers, to discuss this issue with you for a short while, and perhaps we will come to a satisfying conclusion.

Beloved brother! Are you not convinced that smoking is prohibited and that it has a very bad impact? Don’t you ever think seriously to permanently give it up? You would possibly say, “Yes, but I want to become more convinced that

it is harmful so that I can give it up." I would say to you, please lend me your ear and listen with your heart to what I am about to say.

- Remember, before anything else, that you are a slave of Allaah which entails that you submit to Allaah alone. One of the implications of your servitude is that you must obey him, because in that is your success. Once this is established, you must remember that smoking is one of the *Khabaa'ith* (any evil or harmful act); it is a form of wasting money; you kill yourself by smoking; you are leading yourself to destruction; you harm other Muslims. Do these things express your obedience to Allaah or disobedience?
- Smoking keeps people away from you and from sitting next to you, or even greeting you because your smell does not encourage them

to do that.

- Smoking might deprive you from having children because it weakens your sexual ability and it could lead a person to become sterile.
- If you do beget children, they might have defects, or be handicapped or Mongoloid.
- Everybody wishes what is best for his children, but if you are a smoker the result will be the exact opposite of this.
- Smoking prevents you from keeping ties with your parents and kinship, because you would avoid smoking around them. What good would be expected from a deed which would deprive you from being around your relatives, and eventually sever ties with them.
- By smoking you support the economy of the enemies of our Muslim nation who fight us day and night.
- Smoking threatens your life, for most of the

deaths in the developed world are due to smoking, as medical research has proved. Millions of people die yearly due to smoking. Not only does smoking cause death, it also makes smokers suffer greatly in the last few years of their lives.

- Smoking deprives you from true happiness; how would anyone rejoice while his life is full of sicknesses and always endangered.
- According to studies which were conducted in some of the western countries, smoking affects your mind, weakens your ability to think and makes you lazy.
- Smoking makes you subject to strokes, heart attacks and sudden death.
- Smoking harms your eyes and causes many eye diseases, like infection of eyelid and eye nerves, which could develop into blindness.
- Smoking decreases your worth amongst people and weakens you determination.

- Smoking makes worshipping feel heavy, instigates you to mix with evil people, and makes you avoid being around the virtuous.
- Smoking weakens your body and power.
- Smoking badly affects almost every part of your body.
- Smoking is one of the main causes of cancer.
- Smoking causes cavities in teeth, gum infections, makes the teeth dirty and changes their color, and causes soreness to the tongue and the mouth.
- Smoking causes asthma, labored breathing, coughing, weakens the lungs, difficulty in digestion, brain-stroke, constipation, headaches, weakens the immunity system and diphtheria.

Beloved brother! Are you not yet convinced? Isn't there enough of a reminder in what was mentioned for he who has an attentive heart and

gives ear while he is heedful? Most likely you would say yes. Therefore I ask you, when will you give it up? You would probably say tomorrow or the day after, or that you would try to give up later. If so, then you are not yet convinced and will continue to smoke, and will never stop. You might say, "No, indeed I am convinced, but it is difficult to stop, and I am afraid to stop now and go back to it again."

Beloved brother! What is the solution then? Do we stop at a dead end with you and accept that you will continue to smoke until smoking leads you to destruction? You would naturally say, "No brother, the situation is not that bad." So what is the solution? Perhaps you might be inclined to try something else to avoid the harmful effects of smoking cigarettes. You might decide to smoke a pipe thinking that it will be less harmful. Don't you know that all that has

been mentioned applies to smoking pipes as well, and all similar things? You might reply saying, “I will switch to a type which is lighter than the one I am smoking now, which would have less nicotine, which will reduce the harm.”

This is a great deception you will fall into due to the following:

- It has been proven that this leads to smoking a higher number of cigarettes.
- Smokers take a higher number of puffs in each cigarette.
- Smokers inhale smoke deeper and keep it longer in their lungs to make up for the nicotine that they miss in the lighter cigarettes.

All of the above result in absorbing more nicotine, and it happens without the smoker noticing it. Therefore, how could you resort to

such a solution? If you think that your previous attempts to give up smoking were to no avail, I would tell you, brother, do not give up hope, for every disease has a cure, every problem has a solution, and each lock has a key.

"What is the solution?" you might ask. I say, give up smoking immediately and forever.

You might say with anxiousness, how? And what is the way to achieve that? How do I rescue myself from this dangerous habit? Is there a useful method and a successful means? I will answer by saying that you will find what you are looking for if you exert the effort and utilize the means. Listen attentively and open your heart, and with the will of Allaah, you will find all the answers that you are looking for. The following are things that will help you stop smoking:

- Remembering the harmful effects of smoking

and that it is prohibited.

- Sincere repentance to your Lord, and going back to your senses before smoking ruins your body, and before death attacks you suddenly, so do not delay.
- Seeking the help of Allaah, and supplicating to Him with insistence that He helps you stop smoking.
- Establishing your prayer because it prevents you from all that is evil and harmful.
- Fasting, because it is an advice from the Prophet (ﷺ) which strengthens determination, enhances manners and enables fighting ones desires.
- Reciting the Qur'aan, for it guides to that which is best. Exaggerating in the remembrance of Allaah, for you will feel tranquility and calmness. Taking refuge in Allaah from Satan, because it is Satan who decorates this sin for you.

- Remembering the benefits of giving up smoking.
- Remembering that whosoever gives up anything for the sake of Allaah, Allaah will replace it with something better. Allaah replaces with different things, like feeling content with Allaah, loving Allaah, and feeling calm and tranquil upon remembering Allaah.
- Remembering the reward of giving up smoking, because the more difficult it is to give up a sin the more the reward is.
- Remembering that by giving up smoking you rescue yourself from serious and actual harm.
- Remembering the sweetness of winning against your desires.
- Comparing between the claimed enjoyment of smoking and the severe harm resulting from it.
- True and strong determination.

- Perseverance, especially in the beginning, because it is heavy when you start giving it up, but it is never difficult or impossible. With perseverance, this difficulty gradually fades away, until the smoker becomes accustomed to the new situation of giving up smoking. The Prophet (ﷺ) said, ***"He who strives to persevere, Allaah will enable him to persevere."*** *Imaam ibn Al-Qayyim* may Allaah have mercy upon him, said, *'Those who give up something for reasons other than for the sake of Allaah find it difficult to give up what they are used to and have as a habit; but those who give something up sincerely for the sake of Allaah will find no difficulty except in the very beginning, for Allaah will test him to see whether he is truthful or not. If he perseveres in the beginning, he will taste the sweetness after that.'* You always have to remember that it is easier to persevere giving

up smoking than it would be to persevere the harsh punishment in the Hereafter.

- Being wary of despair; you might try to stop smoking more than one time and fail, or you might stop it for as while then return to it again. Don't let this make you give up, and don't allow that feeling to creep up to your heart, and keep trying until you succeed.
- Staying away from bad company, or anything that reminds you of smoking.
- Avoiding listening to smokers who would try to hinder your trials, relying on Allaah, and challenging yourself to achieve your objective with the will of Allaah.
- If you feel that you are too weak to stop immediately, then stop gradually until you completely stop.
- Seeking the help of others who could help, like doctors and righteous people.

Finally, I ask Allaah to help you, guide you, and to make belief dear to you and beautify it in your heart, and to make hated to you disbelief and sinning, and to make you from those who are rightly guided.